









# MediaWise® Media Tips

A Guide to Making Informed Media Choices

No. 2

## Video Gaming Tips

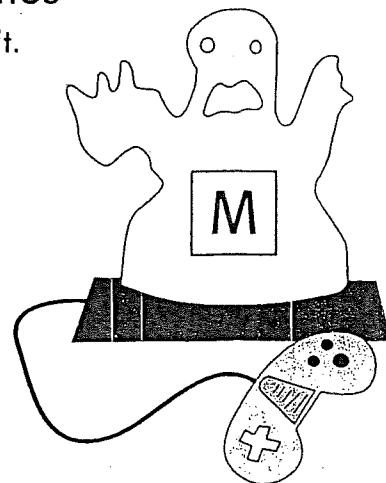
-  Use the video game rating system to help choose your child's video games wisely.
-  Set clear ground rules about when, where, how much, and what kind of game playing is allowed.
-  Limit game playing time.
-  Require that homework and other chores be completed first.
-  Keep video and computer games out of kids' bedrooms.
-  Consistently enforce the rules.

## Video and Computer Games

Check out the game before you buy it.

Many video games for children on the market are fun, entertaining, and even educational. Certainly, for many children, playing video games gives a sense of mastery and skill. Buying games that require two or more players will encourage socializing. Also playing games with your child will encourage family interaction. However, parents are urged to monitor video game play the same way they need to monitor television, as many game environments are based on plots of violence and aggression, often against women. In some games the violence increases as you master the game and progress through the levels.

Research studies have found a relationship between violence on television and behavior, therefore questions arise about how practicing violent acts in video games contributes to aggressive behavior. In some instances where video game playing becomes compulsive, a child's schoolwork, and family and social life are negatively



impacted. How will a parent know if her son or daughter is headed for trouble?

You should be concerned if your child:

- Repeatedly breaks family rules about when and how much game playing is allowed.
- Withdraws from friends and activities to spend time playing.
- Sneaks and lies about game playing.
- Neglects school work and other responsibilities.
- Throws temper tantrums when limits are imposed.

National Institute  
on MEDIA  
and the FAMILY™



National Institute on Media and the Family  
606 24th Avenue South, Suite 606  
Minneapolis, MN 55454  
888.672.5437  
[www.mediawise.org](http://www.mediawise.org)

## FAST FACTS

- 92% of kids age two to seventeen play video games regularly.
- Video game playing introduces children to information and computer technology.
- Games can provide occasions for a parent and child to play together.
- In a report by the Federal Trade Commission, of 118 "M" (Mature) rated games, 70% were targeted to children under seventeen years of age.
- Too much time spent playing video games may hurt school success.
- Playing violent video games is linked to an increase in aggressive behavior.

The Institute's mission is to maximize the benefits and minimize the harm of media on children and families through research, education, and advocacy. Its role is to provide reliable, independent information so people can make wise media choices.

# INTERNET SAFETY PLEDGE FOR GRADES K-2



1. I will turn off my computer monitor right away and tell a trusted adult if anything makes me feel scared, uncomfortable, or confused.



2. I will tell my parents or guardian if anyone online asks me my name, my address, my telephone number, or the name and location of my school.



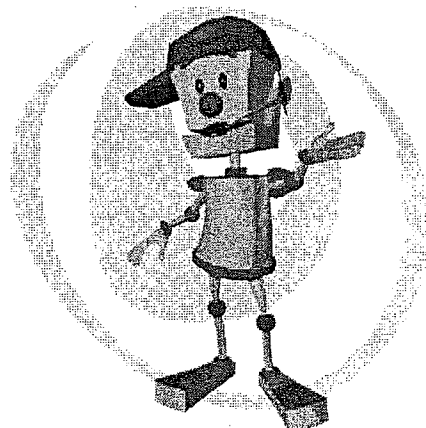
3. I will tell my parents or guardian if anyone online asks to meet me in person.



4. I will not use rude or mean language on the Internet.

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